Rowntree's Little Cook-Book of 'ELECT' RECIPES

—all made with Rowntree's Cocoa

22500879733

QT 235
1920
R 88r

For Breakfast and Supper

A Better Breakfast

MAKE a *Better* Breakfast by taking a large cup of Rowntree's Elect Cocoa. Quickly prepared, easily digested, this pure Cocoa is full of nourishment.

Early risers, or those "exposed to all weathers" will find a good foundation for the day's work in a cup of Rowntree's Elect Cocoa taken for breakfast.

Children, too, will benefit from drinking Rowntree's Elect Cocoa regularly. It supplies, in a most palatable form, the nourishment so necessary to their fast-growing bodies.

"Make a Better Breakfast"

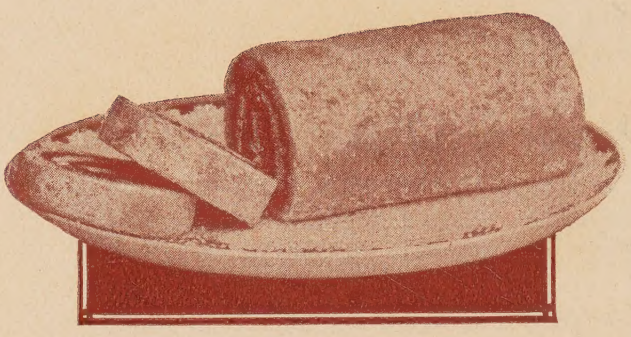
WAYS OF MAKING ELECT COCOA

1. Put half a teaspoonful or more of *Elect Cocoa* into a cup, pour on quickly the *boiling water,* stir briskly, and add cream and sugar to suit the taste. It is essential that fresh boiling water be used.

2. For those who prefer a stronger Cocoa make same as No. 1, but use a full teaspoonful of Elect Cocoa, and take with or without milk.

Note.—After making the Cocoa in either of the above ways, some users may prefer it when boiled; boiling, but for two or three minutes only, gives to the Cocoa a mild Chocolate characteristic.

3. Put half-a-pint of milk and half-a-pint of water (or if preferred, a pint of milk) in a saucepan and bring to a boil. Place one-and-a-half teaspoonfuls (good measure) of Elect Cocoa in a cup and mix to a thin liquor with boiling water. Pour this liquor into the saucepan, then boil the whole for half-a-minute or so, taking care that the liquid does not boil over. Serve in a hot jug and add sugar to taste. This will make sufficient for two large breakfast cups.



ELECT-BUTTA ROLL

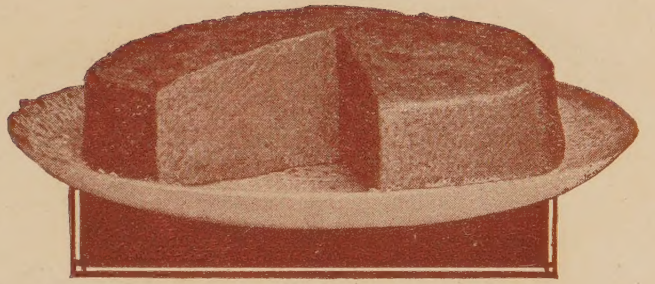
Two eggs
The weight of two eggs in sugar and flour
One-and-a-half ozs. butter or margarine
Two tablespoons milk
Half-teaspoon baking powder
Elect-Butta

Line a shallow baking tin, about 12 by 9 inches with greased paper. Beat the margarine and sugar until creamy, add half the flour and the well-beaten eggs, then the remainder of the flour. Mix well together and add the milk and the baking powder. Spread evenly about quarter-inch thick on the greased paper and bake for about ten minutes. Turn out on to a sugared paper spread with Elect-Butta, and roll up.

If the edges have become hard in baking, cut them off before rolling or the cake will crack.

Always use Elect Cocoa—it improves the flavour

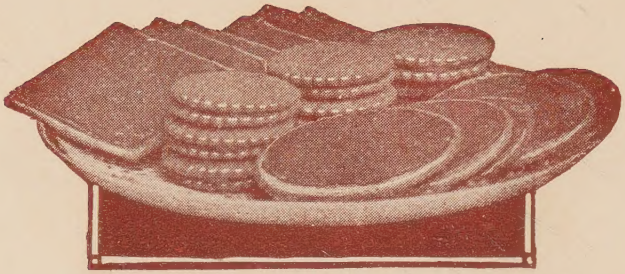
ELECT FRUIT CAKE



Quarter-pound butter
Two eggs
One ounce Rowntree's Elect Cocoa
Quarter-pound sugar
Five ounces flour
A little milk
Quarter-pound fruit (currants and raisins)
Two ounces chopped candied peel
Quarter-teaspoon baking powder
Pinch of salt

Sieve the flour, salt and cocoa. Cream the butter and sugar, add the eggs (one at a time) with a little flour, and beat well between each. Stir in the remainder of the flour, the fruit and the peel. Add the baking powder and a little milk. Mix well, and bake in a cake tin, lined with two layers of greased paper, for about one-and-a-half hours in a moderate oven.

THE WISE COOK does not neglect to use "Elect"

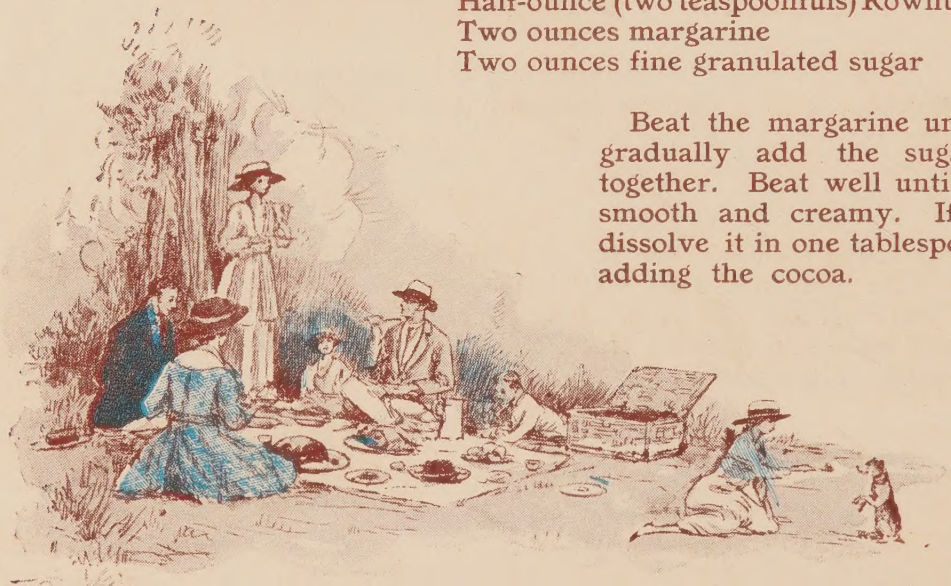


ELECT-BUTTA

To take the place of butter or jam
Can be spread on plain bread or biscuits
Can be used instead of jam in sandwich cakes
Can be used as icing on chocolate or plain cake

Half-ounce (two teaspoonfuls) Rowntree's Elect Cocoa
Two ounces margarine
Two ounces fine granulated sugar

Beat the margarine until soft and creamy; gradually add the sugar and cocoa mixed together. Beat well until the mixture is quite smooth and creamy. If the sugar is coarse dissolve it in one tablespoonful of water before adding the cocoa.



Chocolate Rock Cakes

Half-pound flour (one breakfastcup)
Three ounces sugar (three level tablespoons)
Three ounces margarine (three level tablespoons) or clarified dripping
One good teaspoonful baking powder
One dessertspoonful Rowntree's Elect Cocoa
One egg, fresh or dried
Milk

Mix flour and Cocoa. Rub in the margarine. Add sugar and baking powder. Beat up the egg, pour in. Make into a stiff mixture with about one tablespoonful of milk.

Place in little rough heaps on a greased tin, and bake in a fairly quick oven for fifteen minutes.

Makes about fifteen small cakes.

ELECT TRIFLE

Stale sponge cake
Jam
Quarter pint milk
One dessertspoon Elect Cocoa
Sugar
Custard

Boil the milk. Mix the cocoa with a little of it, return to the saucepan, sweeten and cook for a few minutes.

Cut stale sponge cake into slices, sandwich two together with jam and when the cocoa is cool pour it over the cake and let it soak right through.

Lift the slices carefully, and pile in a glass dish. Pour over a good custard, and when quite cold and ready to serve, decorate with whipped cream sweetened and flavoured with vanilla.

Or, soak the cake in thin cream, pile in a glass dish and pour over a chocolate custard. When cold decorate with whipped cream. A few macaroons and ratafias broken up and soaked with the cake improve the flavour of both trifles.

Always use Elect Cocoa—it improves the flavour

ELECT SHORTCAKE BISCUITS

(Makes thirty biscuits)

Ten ounces flour
Five ounces sugar
About two tablespoons milk
Five ounces butter or margarine
One tablespoon Rowntree's Elect Cocoa
One egg

Sieve the flour and cocoa together. Cream the butter and sugar. Add the beaten egg and half the flour and cocoa, beat well, then add the remainder of the flour and cocoa and mix well with the milk.

Put the mixture into a forcing bag with a large rose pipe and force out into small round biscuits on a slightly greased baking tin. Bake in a slow oven.

Or, make a stiffer mixture by using very little milk. Roll out quarter of an inch thick and cut into fingers about two inches long by one wide. When cold, sandwich two together with a thick layer of vanilla butter, made with two ounces butter or margarine, three ounces icing or fine castor sugar, vanilla essence well creamed together.

THE WISE COOK does not neglect to use "Elect"

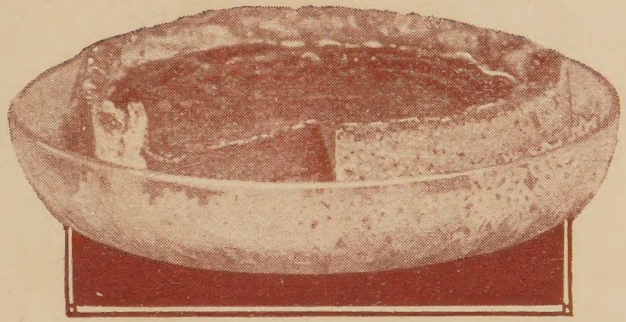
CHOCOLATE MOULD

(For five persons)

One pint (two breakfastcups) milk or milk and water
One dessertspoonful Elect Cocoa
Sugar to taste
Three good dessertspoonfuls cornflour Pinch of salt

Mix the cornflour and cocoa to a smooth paste with a little milk. Boil the remainder and pour on to the cornflour. Return to the saucepan. Add the salt and sugar to taste, and boil for eight minutes, stirring all the time. Pour into a wet mould. Turn out when cold, and serve plain or with a custard sauce.

CHOCOLATE CUSTARD PIE



(For five or six persons)

Half-pint milk
One good teaspoonful Elect Cocoa
Two eggs
Pastry
Sugar
Vanilla (if liked)
Pinch of salt

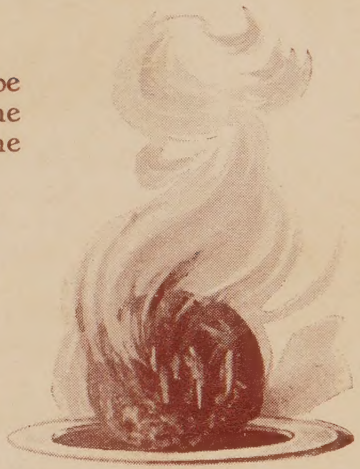
Boil the milk. Mix the cocoa with a little of it, then add the remainder, and cook for a few minutes. Beat up the eggs, and when the cocoa has cooled a little pour on to the eggs, add sugar, salt and vanilla.

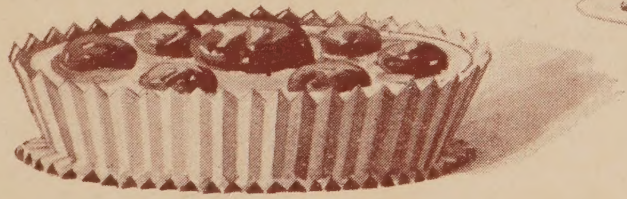
Line some deep patty pans, or a deep plate, with pastry, and when the custard is quite cold, pour it in and bake in a slow oven until set. Sprinkle with sugar, and serve hot or cold.

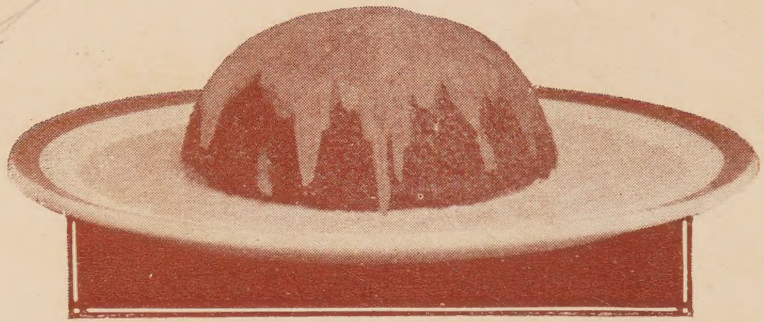
CHOCOLATE SAUCE
ON PLAIN PUDDINGS

PLAIN puddings, baked or boiled, may be made delicious and appetising with the addition of Chocolate Sauce made from the following recipe :

One breakfastcupful milk or milk and water
One dessertspoonful cornflour
One dessertspoonful Rowntree's Elect Cocoa
Sugar to taste
Pinch of salt







CHOCOLATE PUDDING

Quarter-pound bread crumbs (one breakfastcup) or soaked bread
Quarter pound flour (one teacup)
Quarter pound sugar (three-quarters teacup)
Three ounces of suet (three-quarters teacup) or quarter pound margarine
One gill milk
Three dessertspoons Elect Cocoa
One egg, fresh or dried
Two level dessertspoons baking powder
Vanilla, if liked
Pinch of salt

Mix all the dry ingredients well together. Moisten with the beaten egg and the milk. Flavour with vanilla, and half fill a well-greased basin. Steam for one-and-a-half to two hours.

Serve plain or with a custard sauce, or if liked, a plain sweet sauce. If soaked bread is used, put the stale bread in cold water until soft, then squeeze very dry and crumble finely. Mix with the dry ingredients; use a breakfastcupful loosely filled.

Always use Elect Cocoa—it improves the flavour

Chocolate Cake

Three eggs
Six ounces flour
Six ounces sugar
Six ounces butter or margarine
One-and-a-half ounces Elect Cocoa

Cream the butter and sugar, add the eggs (whole) one at a time, beating well between each. Add the flour and cocoa (sieved together) gradually. Bake in a paper-lined cake tin, or flat baking tin, or in two sandwich tins. If baked in an ordinary cake tin the cake will take about sixty minutes in a moderate oven. If in a shallow baking tin, about twenty minutes. Leave for a day then cut the cake in three. Spread the layers with Vanilla Butter Icing made with two ounces butter or margarine, three ounces icing sugar, vanilla essence well creamed together, and ornament the top with Chocolate and Vanilla Butter Icing through fancy rose pipes.

The sides of the cake can be spread with a thin layer of icing and covered with browned chopped almonds, or the top and sides dredged thickly with Icing sugar.

This cake will keep fresh for over a week.

Four ounces margarine or butter
Four ounces sugar
Two ounces chopped peel

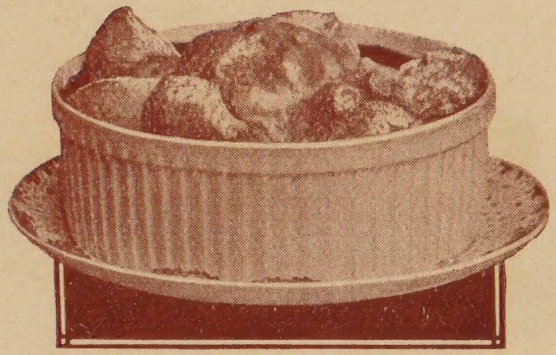
ELECT QUEEN CAKES

(For eighteen small cakes)

Six ounces flour
One egg
One teaspoon baking powder
One tablespoon Elect Cocoa
Milk

Cream the butter and sugar well together, add the beaten egg, then the flour, cocoa and baking powder sieved together and the chopped peel. Add a very little milk and bake in small greased tins for about fifteen minutes.

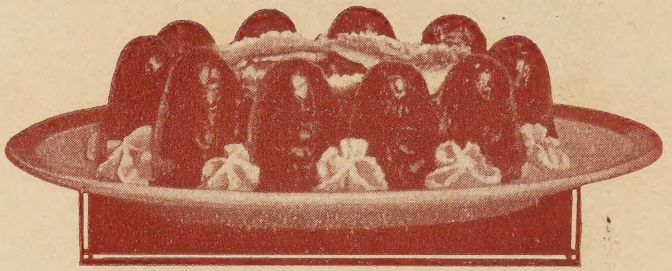
ELECT CORNFLOUR MERINGUE



(For six or seven persons)

One quart milk
Three ounces cornflour
One ounce Elect Cocoa
Two eggs
Sugar
Vanilla (if liked)

Mix the cornflour and cocoa with a little of the milk. Boil the remainder, pour on to the cornflour, return to the saucepan and boil for eight minutes, stirring all the time. Cool a little, and add the yolks of the eggs well beaten. Sweeten to taste and flavour with vanilla. Pour into a buttered pie or soufflé dish and bake for ten minutes. Whip up the whites of the eggs to a stiff froth. Stir in lightly two tablespoons of fine sugar. Pile in rough heaps on the top and return to the oven, which must be cool, until the meringue is set and a pale brown. Put aside until quite cold.



ELECT CREAM

(For five persons)

Half-pint milk
Half-pint cream
Half-ounce gelatine
Three tablespoons sugar
One good dessertspoon Elect Cocoa
Pinch of salt
Vanilla if liked

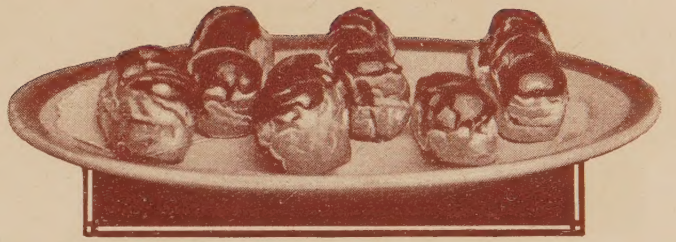
Dissolve the gelatine in a little water. Boil the milk, add enough to the cocoa to make it into a smooth paste. Then return to the saucepan and cook for a few minutes. Add salt, sugar, vanilla and melted gelatine, mix together, and when cool, add the whipped cream ; stir all together and pour into a mould to set.

Turn out and serve with whipped cream, slightly sweetened and flavoured with vanilla.

This may be made with milk only (one pint) as a plainer sweet. In warm weather a little more gelatine will be needed.

Always use Elect Cocoa—it improves the flavour

CHOCOLATE ECLAIRS



(For about eighteen Eclairs)

Half-pint water
Three eggs
Four ounces flour
Two ounces butter or margarine
Pinch of salt

Put the water, salt and butter into a saucepan, and when boiling add the flour. Stir well until it becomes a soft paste and leaves the sides of the saucepan. Take off the fire and add the eggs, one at a time, beating well between each egg.

Put the mixture into a forcing bag with a plain funnel about the size of a sixpence. Force out into long shapes about four inches on an ungreased baking tin.

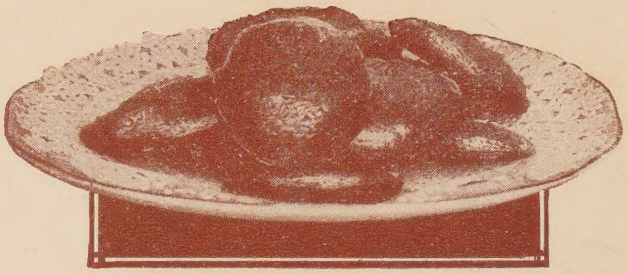
Bake for twenty minutes in a moderate oven. When cold split open at the side and fill with whipped cream, sweetened, and flavoured with vanilla.

Ice the top of the éclairs with Elect Glacé Icing made with—

Two dessertspoons water Two teaspoons Elect Cocoa Quarter pound icing sugar.

Boil the water, add to the cocoa and mix to a smooth paste, then cook for a minute or two. Cool.

Sieve the sugar and add gradually to the cocoa. Mix well and stir over gentle heat until warm. Do not let the icing get hot or it will not be glossy. Use quickly. If the icing becomes too cold and stiff to use add a little more water and warm over the gas again.



ELECT MACAROONS

(Makes eighteen biscuits)

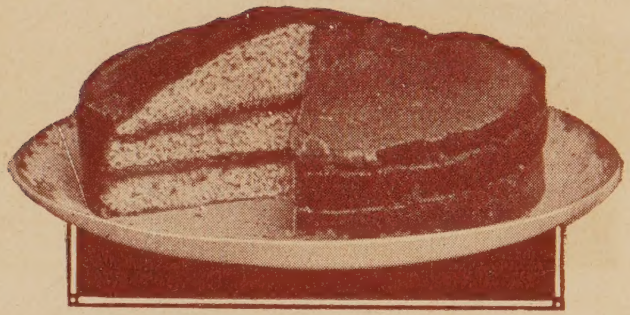
Two egg whites beaten stiff
One teacup sugar
One teacup rolled oats
Quarter-teaspoon Vanilla essence
One tablespoon Elect Cocoa
Pinch of salt

Mix the sugar, salt and cocoa, add to the well-beaten whites of eggs. Add the rolled oats and vanilla.

Drop from a teaspoon on to a buttered tin, and bake in a very slow oven for about half-an-hour.

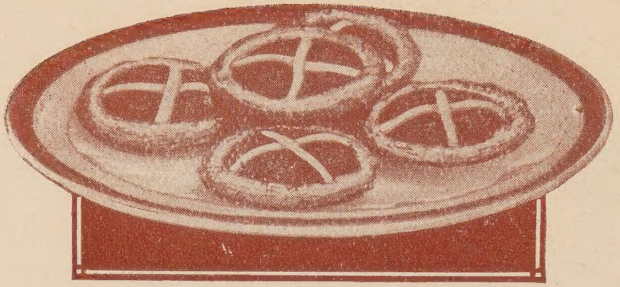
These biscuits keep well if stored in a tin box.

CHOCOLATE SANDWICH



Two eggs
One-and-a-half ounces margarine
Four ounces flour
Two tablespoons milk
Four ounces sugar
Half teaspoon baking powder

Line a shallow baking tin with greased paper. Beat the margarine and sugar until soft and creamy, add half the flour, and the eggs well beaten. Then the remainder of the flour. Mix well together, and add the milk and the baking powder. Spread evenly about half inch thick on the greased paper, and bake for about fifteen minutes. When cold, cut in two. Spread Elect-Butta on one half and place the other on the top. Dredge with sugar and cut in neat pieces.



ELECT ALMOND TARTLETS

(For sixteen tarts)

Line sixteen patty pans with sweet paste, put a very little jam at the bottom and three-quarters fill with the following mixture :—

Quarter-pound granulated sugar
Two ounces ground almonds
One dessertspoon Elect Cocoa
Pinch of salt
Two or three whites of eggs
Two drops essence of almonds

Mix the almonds, sugar, cocoa and salt. Add the whites of the eggs one at a time and beat well.

SWEET PASTE

Half-pound flour Five ounces margarine Two ounces sugar One egg

Rub the margarine into the flour and add the sugar. Mix to a stiff paste with the egg. Knead and place aside for a time before lining the tins. Put narrow cross bars of the pastry over the almond mixture and bake in a cool oven. These tarts keep for a long time if placed in a tin box when cold.

CHOCOLATE SOUFFLÉ

(For five or six persons)

Four Eggs
One-and-a-half ounces butter or margarine
Three-quarters ounce flour
Three-quarters ounce Elect Cocoa
One gill milk
Two dessertspoons sugar
Half-teaspoon Vanilla
Pinch of salt

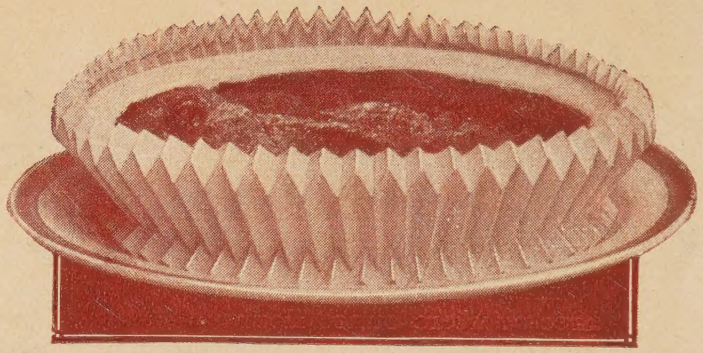
Butter a pint-and-a-half soufflé dish, tie a band of buttered paper round, coming two inches above the dish. Melt the butter, add the flour and cocoa well mixed together. Cook a little, then add the sugar and milk, stir until the mixture thickens. Take off the fire and add the yolks of three eggs, one at a time, beating well between each egg. Beat up the four whites with a pinch of salt and stir into the mixture lightly, add the vanilla and pour into a well-buttered dish. Bake for thirty-five minutes and serve in the dish. Or bake in small ramakin cases for about twenty minutes. Vanilla butter is a nice sauce for serving with the Soufflé.

THE WISE COOK does not neglect to use "Elect"

CHOCOLATE RICE

(For four or five persons)

One pint (two breakfastcups) milk or milk and water
Two ounces (two level tablespoons) rice
Half-ounce (one dessertspoon) Elect Cocoa
Sugar to taste
Pinch of salt



Boil the milk, add a little to the cocoa. Mix to a smooth paste, and return to the saucepan. Boil up and add the salt and the rice. Cook very gently until done, about one-and-a-half hours.

Sweeten and pile in the middle of a hot dish. Serve plain or with a Custard Sauce.

The pudding may be baked in a pie dish, as an ordinary milk pudding, using a little more milk.

Condensed milk and water may be used instead of fresh milk.

HELPFUL HINTS

COCOA is recommended for chocolate cookery because :

(1) it is more economical than chocolate powder or block chocolate, and is more convenient in use.

(2) It makes such light and delicious puddings and cakes.

Rowntree's "Elect" Cocoa should be used to obtain the best results.

In making cakes and puddings weigh or measure all the ingredients.

If scales are not handy the following table will be found useful :

One Breakfastcup for half pound flour, cocoa, etc., or half pint.
One Teacup for quarter pound flour, cocoa, etc., or quarter pint
One Tablespoon for one ounce flour, cocoa, etc.
One Dessertspoon for half ounce " "
One Teaspoon for quarter ounce " "

When using spoons for measuring dry ingredients take as much above the bowl as there is in it.

Before making your cakes see that the oven is well heated.

Grease the tins, and, if needed, line them with greased paper.

Weigh all the dry ingredients, have the eggs ready, and the flavourings, colourings, etc., handy.

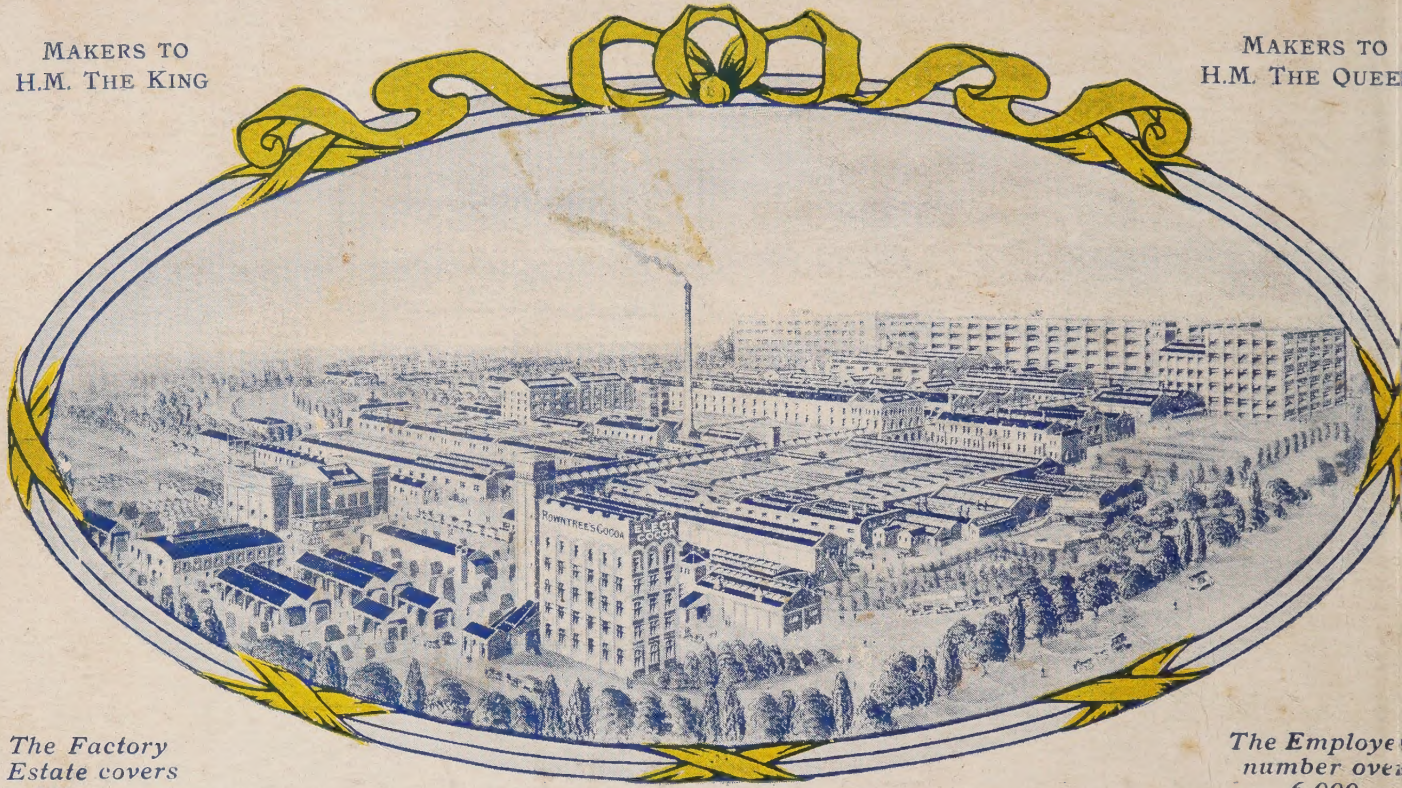
When sufficiently baked the cake will feel firm in the centre. Test with a skewer. If the skewer comes out quite clean and bright the cake is done.

Chocolate cakes do not need a quick oven. If the heat is too great the colour of the cake will be spoilt, and the outside dry and hard before the centre is cooked.

Always use Elect Cocoa—it improves the flavour

MAKERS TO
H.M. THE KING

MAKERS TO
H.M. THE QUEE



The Factory Estate covers 100 acres

The Employe number ove 6.000

ROWNTREE'S COCOA WORKS, YORK

C 39